# LINDHOUT EXPECTED BACK THIS WEEK, PG 7





#### One million vaccinated against flu

#### Flu **Outbreak**

H1N1 Over one-million Albertans have been vaccinated against the H1N1 virus, according to Alberta Health Services.

'This is a tremendous accomplishment in a very short period of time," said Dr. Gerry Predy, senior medical officer of health for Alberta Health Services. "In an average seasonal influenza vaccination campaign, we will see close to 600,000 Albertans immunized between late September and March."

But Predy wants Albertans to continue coming in for vaccines.

Vaccination remains the best way to protect yourself, your family and your community from the H1N1 virus," he said.

harcode for?

#### Neighbours step METRO CALGARY News on the Maye What's this

#### Citadel residents aid families whose homes were lost in blaze

Tass Gordey holds one of her dogs, Hailey, while she looks over what's left of her home after it and four others burnt to the ground in

Citadel early Saturday morning. Gordey is still looking for Hanna, her identical dog to Hailey, who disappeared during the evacuation

the top of pg 3 KRISTA SYLVESTER krista.sylvester@metronews.ca



Secret's out on teen series



CHATTERS

LOWEST RETAIL PRICES GUARANTEED

Picking up the pieces is a lot easier to do with a little bit of help from neighbours.

Five separate families lost their Citadel homes in a savage fire early Saturday morning, but with help from neighbouring residents they are taking the first steps in recovering their losses.

Candice Neighbour Gamez spent yesterday contacting the families to inform them the Foothills Alliance Church has taken up

a collection, which started during yesterday's service.

'We're really just trying to support the families anyway we can. They have lost everything and we just want to help them with items and clothing and do-nations," she said, adding anyone can make donations to the fire victims. Stories of neighbours dig-

ging through snow without gloves to help firefighters and others opening their doors to residents evacuated from the fires spread throughout the community as the families surveyed Tass Gordey lost everything in the fire, including their cats, kittens and rabbits. They said they luckily escaped with their smallbreed cocker spaniel Hailey, but they are still missing her twin Hanna.

We've come back five or six times, calling her name, hoping she comes back," Everest said, adding they hope a neighbour found

Everest and Gordey are very grateful for the support they have received from the community, the police officers and firefightmains to search for the missing year-and-a-half-old

dog.
"People were pushing trucks, inviting us in, offering us coffee, and they were absolutely marvelous and continue to be generous and kind," Gordey said.

"You couldn't ask for bet-

ter neighbours."

Neighbour Derrick Bell said he was touched by the way the community responded during the fire.

"It's really nice to see everyone step up and show compassion," he added.

The cause of the \$2-million blaze has not yet been determined.

# Minister stands firm on climate targets

tying the

pa

knot again



**COPENHAGEN** Canada's climate negotiators won't leave any extra room in their suitcases to bring further concessions to globalwarming talks in Copenhagen.

**Environment Minister** Iim Prentice says Canada's targets to reduce greenhouse gases aren't up for negotiation when countries meet today in the Danish capital.

'We have been through a lot of negotiation to this point, and we've put on the table targets that we know we can live with and are achievable," Prentice said.

"We were very clear at the outset that to avoid a repetition of Kyoto, we would go into this process with real targets, practical targets that we know the country can achieve

The Harper government's take-it-orleave-it approach to Canada's targets comes as countries make their final preparations for what's expected to be a difficult 12 days of United Nations climate talks.

But expectations have fallen recently because rich and developing countries still disagree on some key points.

Now nearly all participants believe the most that will come out of Copenhagen is a blueprint that sets out a timeline and a rough sketch of an eventual climate deal.

THE CANADIAN PRESS



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# Local



#### Snowmobiler killed

Strathcona County RCMP said a 30-year-old man on a snowmobile was killed after being struck by an SUV when trying to cross the highway. The driver and one passenger in the SUV were not injured. The name of the deceased was not released pending notification of next of kin. METRO CALGARY



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#### **Calgary tweets**

• @mamamonkev I'd be willing to pay more for snow removal if I pooled it with my and neighbours hired a plow, but not to the black hole of #vvc city hall. • @jtenchavez 'hey I got an idea...let's spend \$25 million on a chinese finger trap designed bridge and not spend any money on plowing streets' #yyc



#### Immigration Guidy Ma-

mann on Canadian border officials' extraordinary powers at metronews.ca/ immigration

#### Lotteries

Friday, Dec. 4 Lotto Max: 1, 6, 13, 19, 32, 25 & 40 Bonus 7 Saturday, Dec. 5

Lotto 6/49: 8, 10, 14, 22, 28 & 29 Bonus 2 These results are not official.

Animals **Decisions**, decisions...



Aziz Habib and Farzana Shajani-Habib have a hard time choosing between Chacha and Leo at the Little Mutts Rescue Dog Adopt-a-thon at Dogma Training and Pet Services yesterday.

# Passing on holiday gifts

KRISTA SYLVESTER krista.sylvester@metronews.ca

It's the season of giving and some of us get a little more than we ask for. So, why not give up a gift?

Four Western Canada High School students teamed with UEnd Foundation in a school challenge that spread throughout the country, 16-year-old student Betty Wang said.

"We wanted to challenge students to give up a gift and we just got it started and it's really starting to roll," Wang said.

The concept is simple, she said: "We all get gifts we don't want or need at Christmas, so why not just ask your friends and family to re-direct that money and help end homelessness?"

Wang said by going to

#### **Get involved**

 The challenge deadline is Christmas Eve.

 For more information, visit uend.org and click on "Give Up A Gift Challenge."

the site, people can choose the projects they invest their money into.

**UEnd** organization school program lead Amy Golumbia said she is proud of the students' program.

"I think if kids understand how easy it was, they would do it in a second. We all grew up thinking bake sales were the only way to raise money but this is really unique," Golumbia said.

Wang said the goal is to reach \$100,000 but they would be "happy with anything they can get."

Visit metronews.ca to watch metratube of the day



CalgaryObits.com notes the following deaths

BARBERIO, Maria (nee Cimino) BERRIGAN, Claudia Lynne (nee McNeely)

BIG CROW, Rodney R. BOUCHER, Mary (May) Morrison BROWN, Eric Gordon

BURNS, Sister Joan COOK, Shaun Robert FLAMAN, Madeleine FRIEZE, Randy Louis PLOEG, Gary, van der

HARRIS, Elias HARRISON Dorothy Opal IINA Dolatkhanu Sadrudin IURASSA Bela Endre (Bill)

KLUUN Mike MANNS Susan Edith (nee Scrase)

MANYWOLINDS Rena Kim McCELLAND Thomas Bruce

McKEE Margaret Hunter O MURTAGH. Debra Veronica (nee

McAlear)

ORR, Beverley (Bev) Clarence

PEILUCK, Victor

POLLOCK, Mary Hunter (nee Baird) PRONYSHYN, Donald Andrew

RUNDLE, Evelyn SCHWAB, Mary Carmel (nee Curtis) SEMINCHUK, Theodore Paul (Ted) STEER, R. Yvonne (nee Leveque)

STREULEA. Dumitru TAYLOR, Fay Marilyn Elizabeth WOGAN. Elsie Mav

The expansion and new hires at its existing stores

Lowe's entered the Canadian marketplace two years ago. Since then, it has added locations across the province, and eventually plans to expand into Eastern Canada with a target of 100 stores across the COUNTRY. THE CANADIAN PRESS

will add about 1,500 jobs

in Canada next year, the

company estimated.

For full obituaries go to CalgaryObits.com

# Hardware chain Lowe's moving into Calgary next year

RETAIL American home-improvement giant Lowe's is expanding its Canadian presence into Calgary next year, a move that will heat up competition for hardware and renovation retailers like Rona Inc. and Home Depot.

The company said today that it will open three new stores in Calgary, one of the country's fastest-growing cities.

#### "The next logical place for us to go is into Western Canada, particularly given the robustness of that economy."

Alan Huggins, Lowe's Canada president

Lowe's Canada president Alan Huggins said in an interview the company plans to expand further across Western Canada, with stores in Edmonton, Saskatchewan and B.C.,

though launch dates haven't been announced.

"The next logical place for us to go is into Western Canada, particularly given the robustness of that economy," Huggins said.

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AYEAR

The Bowden Institution was locked down Friday and remains under general lockdown as a search is underway. The lockdown will remain in place until the search is complete, the Correctional Service of Canada said yesterday. METRO CALGARY

# Friends, family fear for missing Edmonton teen

Sister says strangers among Facebook following independently posted search posters in Calgary

VICTORIA HANDYSIDES Metro Canada

Police, family, friends and nearly 60,000 strangers are all asking the same question: Where is Mariah Sauve?

"We just want her to come home, we need to know that she's okay," the girl's sister Sharleen Sauve said vesterday.

The 15-year-old Edmonton girl, who's described by relatives as a clean-cut, well-behaved "A" pupil pupil

#### **Concern online**

• A Facebook page dedicated to finding the missing teen

was joined by nearly 60,000 people.

School student, was last seen leaving St. Elizabeth

vanished without a trace one week ago.

Mariah, a Grade 10

Austin O'Brien

> She would have at least told one of us where she was going," Vachon said, adding that Mariah left the school with a teenage boy she had met earlier at the Clareview LRT station.

"He didn't look like he just wanted to be her friend." she said.

disappear-

she would go with some-

Regardless, strangers

Seaton School in Edmonton after visiting friends

Meagan Vachon, 15, who was the last person to see the teen, fears she may be the victim of foul play.

"I think she's in trouble.

"Do we get alerted teenage runaways police Thursday after extended family

on a regular basis?

Absolutely. But, members dis- there's a difference covered her between being ance had not missing by choice yet been re- and by ported. "She's very vulnerable,"

circumstance."

Edmonton police

and maybe Staff Sgt. Todd

one who claimed they cared about her," she said. If Mariah did run away,

it is possible she may have headed to Calgary, though she has no known direct links in the city, Sharleen said.



Mariah Sauve

the story on Facebook independently hung

posters with information about her disappear-

ance in Calgary through the weekend, she added.

Edmonton police Staff Sgt. Todd Laycock confirmed yesterday that police are actively investigating the girl's disap-

"It seems legit. The investigation is still open because she's still missing," he said. "Do we get teenage runaways on a regular basis? Absolutethere's a difference between being missing by choice and by circum-

stance." Maurice Sauve also confirmed his daughter's dis-

appearance yesterday. "I have had many sleep-less nights," he said.

He added she's never left home without a phone call to her family.



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A man and three males under the age of 18 have been charged with murder after someone walked into a house party in Winnipeg and opened fire, killing two young men. Tyler (T.J.) Hawula and Matthew Lawrence Victor Reynolds, both 18, were gunned down at Hawula's home early Saturday morning. THE CANADIAN PRESS

# Canada



#### Officials try to stop carp invasion

They can weigh 40 kilograms, eat nearly half their weight each day in plankton, and have been known to bludgeon unsuspecting anglers as they leap from the water. And if their advance through U.S. waterways isn't halted, two species of Asian carp could become the next big threat to the already unstable Great Lakes ecosystem and its multimillion-dollar fishery.

THE CANADIAN PRESS

# Tuktoyaktuk slowly melting away

Climate change impacting life in N.W.T. hamlet



There will be no one to tell the world about the warped and wavy roads or the gulley and ditches in Tuktoyaktuk's graveyard when the world gathers at the Copenhagen climate change summit this week, and that makes Mervin Gruben's temperature rise.

No one to point out that the once permanently frozen ground is thawing and a hunting spot that has existed for thousands of years is being swallowed up by the Arctic Ocean.

"When I was growing up

"Eventually, we'll slowly start moving our infrastructure farther south."

Mayor Mervin Gruben

we were getting 40-below weather for January, February and March. We'd have mountains of snow," said Gruben, Tuktoyaktuk's mayor.

"Now we don't have nothing at all. We barely get to 40-below, and I just turned 47. I've seen this all change in the last 30 years."

Tuktoyaktuk, a Northwest Territories hamlet of just 1,000 people, is build-

ing a road that will one day stretch 140 kilometres south to Inuvik.

"Eventually, we'll slowly start moving our infrastructure farther south," Gruben said. "As we speak, there's a no-build zone on the north shore of our community. That's going to be washing away eventually."

Each year, 1.8 metres of the shoreline is lost to rising water and waves as the once-impenetrable permafrost thaws and gives way in the warmer summers.

A local school and police station have already been moved farther inland.

TORSTAR NEWS SERVICE

#### Montreal 'Never Again!'



A young girl holds up a white ribbon reading "Never Again!" during a memorial yesterday for the victims of the École Polytechnique shooting in Montreal, on the 20th anniversary of the tragedy that left 14 women dead.

#### **News** in brief

MILITARY In the five months they have to establish a security zone around the insurgent snake pit known as Kandahar city, Canadian troops will be working to turn local allegiances in an effort to marginalize the Taliban. Changes to Canada's area of operation have resulted in a significant re-organization of how and where the country's soldiers are being deployed.

RCMP The metre is still running on the RCMP's four-year-old probe into the alleged leak of an income-trust taxation measure, with costs about to hit a half million dollars.

THE CANADIAN PRESS

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Clenched fists will join red-mittened hands as protests along the Olympic torch route are likely to ramp up as the flame heads west. Scan this barcode for the full article.



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National body proposed to investigate animal shelters

canada

A raid on the Toronto Humane Society resulting in animal cruelty charges is prompting calls for a national body to audit animal shelters. THE CANADIAN PRESS

# Kidnapped journalist to return home soon

Amanda Lindhout expected in Canada this week

#### Freed hostage Amanda Lindhout is expected to return to Canada early this

A website devoted to her release posted a message saying the Canadian government will send a plane to Kenya for Lindhout and her family.

There was no mention on where the family will be returning to.

A spokeswoman for the Department of Foreign Affairs refused to confirm the news, saying the family is asking for privacy.

Lindhout, a journalist from Alberta, was freed Nov. 25 after spending 15 months in brutal captivity in Somalia. Since then she has been in Kenva undergoing medical treatment



Reporter Amanda Lindhout, seen in an undated photo, was reportedly released after her family paid kidnappers a ransom.

and recuperating from her ordeal. The families of Lindhout and Australian photographer Nigel Bren-

nan reportedly paid a ransom of close to half a million dollars.

THE CANADIAN PRESS

#### Feds didn't act on float plane safety recommendations: Memo

**AVIATION** Transport Canada knew of the danger of submerged float planes long before the tragic deaths of six people last month near

Saturna Island, B.C. Rather than act on various safety recommendations, the department decided more research was needed. A 2008

internal memo said safety changes should be put on hold in "deference to other civil aviation priorities.'

THE CANADIAN PRESS



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Ontario resident OK

Meagan McGrath is doing fine on her
journey across Antarctica, despite a serious fall. CBC NEWS ONLINE

#### Latin American tour Bienvenida



Gov. Gen. Michaëlle Jean arrives in Mexico City yesterday to begin a visit. She will also travel to Costa Rica and Guatemala.

# RCMP watchdog set to release Dziekanski report

The independent body in charge of keeping watch over the RCMP will release its report this week into the death of Robert Dziekanski, assessing the conduct of the four officers who repeatedly stunned him with a Taser at Vancouver's airport.

The report by the Commission for Public Complaints Against the RCMP will also look at the subsequent police investigation of his death, which has faced harsh criticism as details have emerged at a public inquiry.

while the high-profile inquiry in Vancouver has been grabbing headlines and stirring controversy, the commission has spent the past year quietly conducting its own probe.

Commission chairman Paul Kennedy will be in Vancouver tomorrow as he releases his findings.

There are persistent questions and an ongoing legal challenge by the officers involved over whether the public inquiry, which was ordered by the B.C. government and finished hearings in October, has any power to pass judgment on members of a national police force.

But Kennedy's jurisdic-

#### What happened

 Robert Dziekanski arrived in Canada from Poland in October 2007, speaking no English. After spending 10 hours in the Vancouver airport, he became agitated and began throwing furniture. Police approached him and, within seconds, one of them deployed a Taser five times, continuing even after Dziekanski was writhing on the floor in pain. Within minutes, he was dead. None of the officers were charged.

tion is clear. "The complaints commission is the only organization which has been specifically tasked by Parliament to examine the conduct of RCMP members," said Kevin Brosseau, director of operations for the body.

The report's release will be one of Kennedy's final acts as chair, since the federal government isn't renewing his appointment

newing his appointment. As discrepancies have emerged between the officers' account of the events and an eyewitness video, the case has been held up as an example of why the RCMP shouldn't investigate itself. THE CANADIAN PRESS

#### **News** in brief

TRAIN WRECK Work is underway to extinguish a fire sending up a thick plume of black smoke from the scene of a derailed Canadian National train near the Saskatchewan-Manitoba border. A CN spokesman said 36 cars derailed on the company's main line Saturday near Spy Hill, Sask., but no one was injured and the smoke is not toxic. RCMP say Highway 600, which runs close to the scene of the derailment, remains closed and a no-fly zone will stay in effect until further notice.

winter storm dumped 10 to 15 centimetres of snow on much of the Maritimes yesterday. It was expected to peak in Newfoundland and Labrador's Avalon Peninsula with larger accumulations and extremely high winds. Nova Scotia Power was reporting power outages for about 5,000 customers around the province. Strong winds were also lashing the region, with gusts expected to reach 80 kilometres per hour in Newfoundland.

THE CANADIAN PRESS



#### Survivor returning to Pearl Harbor for first time since attack

Eighty-six-year-old Pearl Harbor survivor Ed Johann is due to return to Pearl Harbor today for the first time since the Second World War to attend a ceremony marking the 68th anniversary of the Japanese attack. THE ASSOCIATED PRESS

# World

# Iran cuts Internet access on eve of protests

Government opponents shouted "Allahu Akbar" and "Death to the Dictator" from Tehran's rooftops in the pouring rain on the eve of student demonstrations planned for today. Authorities choked off Internet access and warned journalists working for foreign media to stay in their offices for the next three days.

Opposition leader Mir Hossein Mousavi threw his support behind the student demonstrations and declared that his movement was is still alive.

A statement posted on his website said the clerical



establishment cannot silence students and was losing legitimacy in the Iranian people's minds.

"A great nation would not stay silent when some confiscates its vote," Mousavi, who claims President Mahmoud Ahmadineiad stole the June election victory from him by fraud.

Greece Anniversary of riot brings more violence

Supreme Leader Ayatol-lah Ali Khamenei accused the opposition yesterday of exposing divisions in the country and creating opportunities for Iran's enemies. Iran's universities have been strongholds of the opposition movement that grew out of the disputed election, and authorities have besieged campuses nationwide with a wave of arrests and expulsions.

The pro-government Basij militia has also re-cruited on campuses to blow the whistle on any opposition troublemakers, according to students.

THE ASSOCIATED PRESS

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#### A protestor throws stones at riot police during clashes in Athens yesterday. Protesters hurled rocks and burning garbage at police as violence erupted during a march to mark the first anniversary of the police shooting of a teenager, whose death sparked massive riots.

### Obama challenged to act on climate change

DENMARK By executive action, the Obama administration can boost the U.S. target for reducing greenhouse gas emissions beyond levels envisioned in legislation working its way through Congress, the head of the UN climate science network said yesterday.

"There is scope for going above what is going to be legislated," Rajendra Pachauri, chairman of the Intergovernmental Panel on Climate Change, said on the eve of the UN climate conference in Copenhagen.



U.S. Senate and House bills capping carbon dioxide emissions would reduce them by 17 to 20 per cent by 2020, compared with 2005 levels. Compared with 1990 levels, the standard UN benchmark, that's only a three to four per cent reduction, experts calculate, a contribution far short of what scientists say is need-

THE ASSOCIATED PRESS

RUSSIA Four people were ordered to remain in jail vesterday pending an investigation into a nightclub fire that killed at least 112 people in Russia's worst blaze in decades, investigators said. About 130 remained hospitalized, many in critical condition, with injuries from the early Saturday fire.

AUSTRALIA Two stars of the reality TV show I'm a Celebrity ... Get Me Out of Here have been charged with animal cruelty after allegedly killing and cooking a rat to eat during filming. The show strands C-list celebrities in the Australian jungle and allows the public to vote them THE ASSOCIATED PRESS



403-451-5800



10 world

Morales re-elected in Bolivia

Bolivian President Evo Morales easily won re-election yesterday according to unofficial results. THE ASSOCIATED PRESS

#### **News** in brief

ABUSE More than 500 people filed claims against the Oregon Province of the Society of Jesus, alleging members of the Catholic order sexually abused them as children. The Spokesman-Review in Spokane, Wash., reports the claims against Jesuits span decades and range from Native Alaskan children to students at Spokane's Gonzaga Preparatory School. The Jesuits already have settled 200 sex-abuse claims. THE ASSOCIATED PRESS

# **Psychiatrist back on stand**

Utah court seeks to determine whether accused in Smart abduction is competent to face trial

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A psychiatrist is expected in a Utah federal court to-day to discuss the religious writings of Elizabeth Smart's alleged abductor, a self-proclaimed prophet who is said to have claimed in his work that she went with him willingly as a young girl and with the permission of her agents

permission of her parents.
Brian David Mitchell
drafted the Book of Immanuel David Isaiah II after his arrest and interrogations by police in March
2003, according to Dr.
Michael Welner.

In the work, Mitchell addresses the charges levied against him and writes that no weapons or violence were used when Smart was taken from her home in June 2002.

"He clothes his defence in a religious document," Welner said Friday in U.S.

day in U.S. Smart
Court. "But
it's advocacy, he's making
his best argument."

Welner has been paid \$500,000 US to evaluate Mitchell for federal prosecutors. A 10-day hearing is being held in Salt Lake City to determine whether Mitchell, 56, is competent to stand trial. The book outlines Mitchell's beliefs, drawing heavily from the Bible and the Book of Mormon, while also including ideas from a New Age spiritualist, a lymphologist and other writers.

Mitchell, who claimed in his first book that God had made him head of The Church of Jesus Christ of Latter-day Saints, was indicted in 2008 by a federal grand jury on charges of kidnapping and unlawful transportation of a minor across state lines.

If ever convicted, he could spend the rest of his life in a federal prison.

Smart was just 14 when she was taken from her bedroom in June 2002. She was recovered in March 2003 walking a suburban street with Mitchell and his wife. In October, she testified that she was taken at knifepoint, forced to marry Mitchell within hours of her abduction and raped daily throughout her captivity. THE ASSOCIATED PRESS

#### **News** in brief

SWEDEN The two female winners of this year's Nobel Prize in medicine yesterday urged scientific institutions to change their career structures to help more women reach top positions. Americans Elizabeth H. Blackburn and Carol W. Greider said as many women as men start out in science but are often unable to advance after having children because of a lack of flexibility.

THE ASSOCIATED PRESS















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# **Comment & Views**

Comment

# Sidewalks not a walk in the park



walk a lot. I walk to the dog park, through the dog park, along the pathways, on the sidewalks, to the mailbox, to the store, to the train, in the north, in the south, through the rain, through the cold, at dawn, at dusk,

when I'm sick and when I'm well. I walk enough to have a long list of pedestrian pet peeves.

Excluding the sterile suburbs, Calgary streets are filthy, littered with cigarette butts, chewed up gum, food remains, packaging, tissues, drink containers, random liquids and oils, used condoms, plastic bags, newspapers, car parts, canine and human feces (I've seen it) and the worst offender in my mind, broken glass. I might not be as in tune with the condition of our sidewalks and streets if it

I suggest drivers walk more often to fully comprehend the vulnerability of simply crossing a city street.

weren't for the four-legged companion who joins me.

Litter turns my walking route into a field of land-mines. It also gets washed with stormwater straight to the river. There's a simple remedy to litter — use the proper receptacle.

Our shorter days make this time of year especially tricky as a pedestrian. Crossing the street is all-toooften risky because of impatient drivers and the lack of daylight only exacerbates the problem. I have, on sev-eral occasions, found myself stranded in the middle of a crosswalk with cars racing by in both directions. At both uncontrolled and controlled crosswalks, pedestrians have the right-of-way by law. Further, vehicles are required to stop and remain

stopped until said pedestrians have made it to the other side of the road. This signals to other drivers to stop as well. I suggest drivers walk more often to fully comprehend the vulnerability of simply crossing a city

While many drivers don't see me when I'd like to cross the street, too many infantile men do (and I'm sure I speak for many other women). I'm talking about the drive-by cat calls, hollering and whistling. It's annoying, embarrassing and ineffective.

The drive-by spraying of water and slush is equally unnecessary. Add to the list cyclists who ride on sidewalks and residents who don't clear snow and ice

I'm asking fellow Calgarians to take note of these pedestrian pet peeves for the sake of me, my dog and the hundreds of thousands of other pedestrians who employ the simplest mode of transit each day.

Adrienne Beattie is a Calgary-born writer who has covered urban issues since 2001 and has an English degree from the University of Calgary.

### Key to a happy holiday? Start early August: Plan ahead. Make



Today in our series on Prepping for the Holidays: Planning Ahead.

Everyone knows the key to a successful event is planning ahead. When it comes to the holidays, I am a believer in making careful, early plans. I don't actually do it, but I'm a great believer in it. Usually, my holiday shopping plans go like this:

list. Buy lovely thoughtful gifts for my two sisters and hide them away. Feel smug. Ignore gift list for the rest of month.

September: Cannot find Make new one. ews want Turbo-Nephews want Turbo-Ranger dolls at \$44.95 each. Decide to wait till they go on sale. Buy lovely thoughtful gifts for my two sisters. Remember I already got them something. Damn. Could possibly give it to newspaper delivery man. Wonder if he likes "cinnamon mist" body spray. Need to regroup.

Abandon shopping efforts. November: Really serious now. March into store and

buy lovely, thoughtful gifts for my two sisters. Damn. Wonder if free sample that came with makeup purchase can be given to best friend without her knowing. Break down and decide to purchase "Turbo-Rangers." Stores are sold out. Company spent so much on advertising they could only afford to make six. Believe clerk who says, "We're getting more next week." Buy Christmas cards. Delighted to have finally accomplished something.

Mid-December: Hate everyone on list. Would pay almost anything for Turbo-Ranger doll, but not the \$300 being asked for on

Late December: Will buy anything for anyone. See everything as potential gift. "Hmmm ... masking tape. Maybe my mother would like masking tape." Have completely forgotten where I hid gifts bought in August. Pour myself large rum and eggnog, sans eggnog, and try to forget.

Christmas Day: Everyone loves everything. Such joy to give gifts to people I love. Vow to address and mail cards asap. And next year, I'll start much earlier.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



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Good call

Hong Kong accepts Canadian beef exports

Canadian beef exporters have regained access to the Hong Kong market following a meeting between Prime Minister Stephen Harper and Hong Kong's chief executive. THE CANADIAN PRESS

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

# Metro launches new iPhone application

Metro Canada is celebrating the launch of Canada's first fully bilingual news application for the iPhone and iPod touch.

Metro's application is the only one in the App Store that allows users to choose between an English or French interface, allowing the user to receive news content in either language.

"Metro is quickly establishing itself as a leader in the mobile space and we're the only daily newspaper publishing in both official languages, so it makes sense that we would be the ones to reach this milestone first," said Jodi Brown, marketing and interactive director for Metro Canada

In September, Metro relaunched its mobile properties — which include a mobile-enabled website, applications for iPhone, BlackBerry and Windows mobile, and 2D barcodes in the paper that link to mobile content — with a B2C marketing campaign in transit in Toronto and on TV and radio across the country.

"The launch of this application will continue to build on our success at reaching young, active, connected metropolitans and offering advertisers exciting new ways to reach consumers," said Brown, predicting that the rapid growth seen since the

launch of the first (all English) Metro iPhone app — 1,300 per cent increase in mobile page views in three months — will accelerate even more with the addition of Montreal.

The application "Metro Canada/Journal Métro" is free and can be downloaded from the App Store. METRO NEWS SERVICES

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Chinese wind power companies are making aggressive moves to cash in on green movement in Western narkets. Scan this barcode for the full

#### Unveiling Space travel



An illustration of SpaceShipTwo is pictured. To be unveiled today in California, the ship will carry passengers on a trip into sub-orbital space. Fourteen Canadians have booked the two-hour space flight with Virgin Galactic, one of the many companies belonging to tycoon Richard Branson.

#### Love the phone, hate the plan

**CELLPHONES** About 22 million Canadians use mobile devices such as cellphones and smartphones to communicate every day.

And the vast majority use plans offered by the country's three biggest telecommunications companies: Bell Canada, Rogers Communications Inc. and Telus Corp.

But industry experts say most of us are so distracted by those bright and shiny devices, we put very little thought into selecting the right monthly plan.

Peter Pham, CEO of U.S. website BillShrink.com, estimates that about 80 per cent of us overpay on our cellphone bill, as we tend to opt for features, and continue paying for them, even when we don't use them much.

TORSTAR NEWS SERVICE

#### In **brie**t

JOBS Statistics Canada said 79,100 new jobs were created last month across the country, with Ontario leading the surge, having created 27,000 jobs.

NTERNET Microsoft Corp. and Yahoo Inc. have signed off on their plan to team up against Google Inc. in the lucrative Internet search market. The step seals the terms of a preliminary agreement announced in late July.

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Going Green

# Canada missing the target

Analysis shows U.S. green plan goes much further than Harper's

A U.S. plan to cut emissions goes much further than Canada's commitment despite government claims that the two countries now have matching targets, according to analysis by climate change experts and foreign government.

President Barack Obama will announce his plan to cut emissions to 17 per cent below 2005 levels by 2020 at the climate change summit in Copenhagen. The U.S. figure is derived strictly from cuts that can be achieved by capping greenhouse gases and trading emissions permits.

The American commitis similar to the Canadian government's plan to go 20 per cent be-low 2006 levels by 2020, a point Prime Minister Stephen Harper has used to fend off attacks from such critics as the Secretary General of the United Nations, Ban Ki Moon, who urged Harper to adopt a more ambitious target.

Expert analysis shows

the U.S. plan will go much further in cutting emissions when additional measures are factored in like tougher fuel efficiency rules for cars, renewable



Greenpeace portrays Prime Minister Stephen Harper on a billboard in Copenhagen.

#### "The Canadian target is quite a bit more moderate than the U.S. target."

John Drexhage, International Institute for Sustainable Development

electricity standards and investments in "green" development in poor countries, known in climate change parlance as clean development mechanism projects.

All in, American emissions could go down between 28 and 34 per cent below 2005 levels in the next decade, according to a recent report by the Washington-based World Resources Institute.

Canada's target covers all national emissions cuts including fuel efficiency standards, investments in fighting deforestation and other greenhouse gas reduction schemes, said John Drexhage, climate change director at the International Institute for Sustainable Development in Ottawa.

"The U.S. is only comfortable ascribing to anything internationally that can be 100 per cent regulated, and that would only be the industries that are within a cap-and-trade sys-

That's why many argue that the Canadian target is quite a bit more moderate than the U.S. target," he

Canada trails most developed countries in acting on climate change, and criticism from foreign governments, not just envi-ronmental activists — is becoming more pointed.

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No. 1 Alabama will play No. 2 Texas in the BCS national U.S. college football championship game, a second straight Southeastern Conference versus Big 12 matchup to decide the title. THE ASSOCIATED PRESS

# ports



#### Wotherspoon retiring

Jeremy Wotherspoon, left, is planning to step away from speedskating once the current season ends. The long-track star from Red Deer, Alta., widely considered the greatest sprinter of all time, made the revelation yesterday, several hours after making more progress in his comeback from the broken left arm he suffered last year. THE CANADIAN PRES THE CANADIAN PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

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GROUP H Chile, Honduras, Spain, Switzerland



Calgary's Crystal Webster screams after throwing a rock while playing against Team Kleibrink during the 2009 Canadian Olympic Curling Trials in Edmonton yesterday.

The underdogs were anything but on day one of the Canadian Olympic curling trials, as top seed Jennifer Jones and No. 2 ranked Shannon Kleibrink were both upset in their opening matches.

Jones, the two-time defending champion of the Scotties Tournament of Hearts and a heavy favourite to represent Canada at the 2010 Olympics, fell behind eighth-seed Amber Holland's rink early and never recovered, losing 8-5.

gan play in the round robin tournament, dubbed the Tim Hortons Roar of the Rings Curling Trials yester-

The first-place team at the end of the round robin will advance directly to the final match, while the second and third-place teams will meet in the semifinal.

Kleibrink, who is trying to lead her rink to its second consecutive Olympic appearance after picking up a bronze medal in 2006,

lost to fellow Calgarian and No. 5-seed Crystal Webster 8-3.

Alabama to play Texas

"Our goal is always to work hard to get control of the game, however long it takes us, and we were fortunate to kind of get a little bit of control in the middle ends there," Webster said after her team picked up steals in the fifth and seventh ends.

The tournament champion will represent Canada at the 2010 Olympics in Vancouver. THE CANADIAN PRESS

# Saints stay perfect

The New Orleans Saints are still perfect.

Garrett Hartley kicked an 18-yard field goal 6:29 into overtime yesterday, and the Saints improved to 12-0 with a 33-30 victory over the Washington Redskins.

The Saints clinched the NFC South with a far-fromperfect win that shows just how charmed their season is becoming. They trailed by seven points late in regulation when Washington's Shaun Suisham was wide right with a gimmie 23yarder that would have sealed the victory for the

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#### Redskins (3-9)

Instead, Drew Brees led an 80-yard drive with no timeouts, taking 33 seconds to tie the game. He hit Robert Meachem for a 53yard touchdown with 1:19 to play. THE ASSOCIATED PRESS

#### **Sports** in brief

**GOLF** Tiger Woods has posted another statement on his website, this time thanking sponsors and players for being part of the tournament that supports his foundation. Woods withdrew from the Chevron World Challenge at the start of the week, citing injuries from his car crash. Jim Furyk won the tournament yesterday.

#### SPEEDSKATING Canada's

women's team raced to a world record en route to gold in the team pursuit yesterday to continue a strong showing for the Canadians at a long-track speedskating World Cup.

METRO NEWS SERVICES

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Lakehead shutdown to go ahead despite faculty criticism

Lakehead University in Ontario will move ahead with its proposed four-day shutdown the week before Christmas, despite strong opposition from the institution's faculty association, who say the plan violates members' collective bargaining agreement. METRO NEWS SERVICES 15

# Workology 👼



#### Fraud charges in Quebec

According to the Ottawa Citizen, Quebec Provincial Po-lice have charged 25 individuals with fraud over \$5,000 and using false documents in an alleged \$2-million to \$3-million student loan fraud at Night Hawk College, a private computer training school based in Gatineau.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

#### Workology in **brief**

#### **OTTAWA CUTS FIRST NATIONS DENTAL SCHOOL BUDGET:** Ac-

cording to the Regina Leader-Post, the federal government is cutting the \$2-million budget of the National School of Dental Therapy, a Prince Albert-based First Nations dental school, arguing it does not fit with its mandate. The school, overseen by the First Nations University of Canada, supplies Aboriginal dental hygienists to dozens of reserves and northern communities across Canada, and there is concern the cuts will have a potentially devastating effect. Government, schools, and First Nations officials are expected to meet this month to discuss the school's future.

#### \$53 MILLION FOR WATERLOO:

According to a new report from the University of Waterloo, donations to the institution in 2008-09 totalled \$53.3 million. GLOBE AND MAIL RATES MED **SCHOOLS:** Last week, the Globe and Mail featured a special section on Canadian medical schools. An increasing number of students are opting pursue

to careers as general practitioners, due in large part to measures implemented by medical schools in recent years. Despite a doctor shortage across Canada, seats at medical schools are extremely limited because of caps set by the government. To get into med school today, applicants must show they can handle a full workload and be involved in their communities.

# Looking ahead to 2010

RAFAEL BRUSILOW

#### If you're feeling overwhelmed by the end of the Fall semester, you don't have to tackle the new one alone.

Whether you haven't done as well academically as you'd wanted or the demands of your school, work and personal life are starting to tear you at the seams emotionally, the coming of the New Year can some-times be a source of fear rather than excitement.

The first important thing is to remember that no matter how swamped, frustrated or anxious you feel, there is always something you can do to make your situation better. The second is that you don't have to go it alone - help is often just a trip to your campus counselling centre or your professor's office away.

David Mensink is a psychologist who counsels students at Dalhousie University in Halifax and says the top three reasons students come to him for counselling are, in order, anxiety, de pression and relational difficulties. Unfortunately there is no quick fix for any of those things so rather than



When in school, don't take on too many responsibilities (work and courses), or everything will suffer.

trying to forget about your problems, Mensink says it's crucial to confront them in a rational way.

"Learn from what's happened previously instead of just thinking, "Tomorrow is a new day.' Understand what happened and let's figure out what you can do now that's going to be different," Mensink said.

Most importantly, you have to commit to a plan of action that will help you move forward.

"People do not get them-

selves out of trouble by thinking themselves out, they have to engage in action," Mensink said.

When it comes to stress and pressures that comes from many different sources, the key is to prioritize, then divide and con-

quer.
"The first thing to do is to look at all the things that are creating demand in your life and see if you can reconfigure them. Usually you can change the environment instead of changing yourself," Mensink said.

Dropping that extra course or cutting your overzealous number work shifts can have a profound effect on your emotional well-being, as well as your grades.

Meghan Houghton, associate vice-provost of Student Services at the University of Calgary, says she sees too many students come through her office who have stretched themselves beyond their own limits in trying to juggle too many

#### "I'm actually awestruck by how many hours students try to cram into a work-study schedule."

University of Calgary's Meghan Houghton

courses and too many work shifts.

"I'm actually awestruck by how many hours students try to cram into a work-study schedule. It's important for students to evaluate what they want to accomplish over all — if you're gunning for grad school, the likelihood you're going to be able to maintain anything more than part-time work and keep up your grades is very low," Houghton said.

Never lose sight of your overall goals, Houghton says, because having clear goals will make it easier pick yourself up and utilize your desire to do well as a motivating factor.

"It's very easy to stay positive if you feel very committed to your goals. Having that panic moment isn't necessarily a bad thing if it propels you to action," Houghton said.



**16** workology

He's a champion of his trade

John Bil, the oyster shucker featured below, began attending competitions during his time in Prince Edward Island and won the Canadian Oyster Shucking Championships in 1997, 2001 and 2005. DIANE PETERS/FOR METRO CANADA

# This guy is shucking amazing

ne of Canada's best oyster shuckers didn't think much of the job when he started.

"At first it was a really crappy job. You're stabbing yourself and it's very tedious," says John Bil, now 41.

He was in his early 20s

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when he got hired at Rodney's Oyster Bar in Toronto. He needed the money: He had plans to become a professional mountain biker.

That didn't happen, but he did improve his shucking skills. Three years later, in 1992, he went to Prince Edward Island for the summer, working at Rodney's new island location.

He did that for three summer and then, in 1995, he moved there permanently. It was partly for love of the island, and partly to learn everything he could about oysters.

He got a job at Carr's Lobster Pound in Stanley Bridge, selling lobster and oysters. Meanwhile, he got himself a portable oyster bar and asked bar owners around the island if he could set up on busy pub nights.

Why would you put oysters on a menu? they asked. People in P.E.I. ate oysters all the time, but at home. "It's like selling a ham sandwich," explains Bil

But some agreed and Bil

At one point in his career, John Bil shucked a few hundred thousand oysters a year.

eventually had a small but steady business on the side.

Then he took a new job running Atlantic Shellfish's oyster plant. Over the next decade, he really got to learn about the cultivation and harvest of the shell-fish.

As part of his job, he travelled to restaurants across the country, training kitchen and wait staff about shucking and serving oysters. That made him miss the restaurant industry, so he went back.

He did some consulting in Montreal and New York City, and helped open an oyster bar in Charlottetown. Now, he's part owner of Ship to Shore in Darnley and The Black Horse, a brand new restaurant in Kensington, both in P.E.I.

Bil used to shuck a few hundred thousand oysters a year; Now he's down to about 50,000.

He starts by opening up the oyster's two shells by inserting a knife at the hinge, wiggling it, and giving it a twist. ("That's the part where you're gritting your teeth if you're new at it.") Once it's open, he runs his knife along the top shell, cutting away the muscle that held the shells together. Then, he looks



for sand and ensures the oyster is opaque and fresh looking. If it's too transparent, Bil tosses it away.

And does he eat oysters himself? At least two dozen a week.

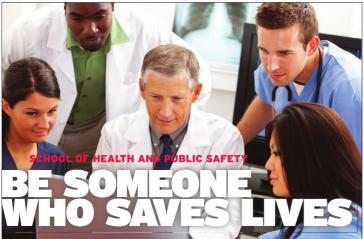
Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.



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Kevin Bacon and his brother are helping out a century-old Philadelphia tradition. The Bacon Brothers performed at a fundraising concert Saturday to raise money for the Mummers Parade, which is a colourful event held every New Year's Day. THE ASSOCIATED PRESS

telling them not to publish the intru

THE ASSOCIATED PRESS

# Photo warning Entertainment

# The next generation

IAN IOHNSTON

The Secret Life of the American Teenager sounds like another sleazy bit of reality television focusing on underage sex and bad high school-ish behavior.

Far from it. The series which begins its second season tonight on MuchMusic — is in fact a family drama about ... well ... family. Plus underage sex and pregnancy.

"I think our fans can really identify with the characters," says Shailene Woodley, who plays the pregnant teen Amy on the series. which is best described as a slightly soapier, more fun variation on Degrassi. "I think the best fan mail we



Shailene Woodley stars in the family drama The Secret Life of the American Teenager.

teen TV rival

the

in the ratings south-of-the-

show

border since its 2008 de-

but. Even before its second

season premiere in Canada,

has

already

get comes from parents who say the show has opened up a lot of avenues to talk to their teenagers.'

Forget Gossip Girl. The Secret Life of the American Teenager has crushed that filmed a third season.

Still, for Woodley, success has yet to change her life. A veteran of movies and TV at the age of 18, she says she rarely gets recognized as

her character Amy.
Not so for Daren Kagasoff, who plays womanizer Ricky, the father of Amy's child on the series. Kagasoff had never acted on TV before this show. And in

less than two years, The second he's a teen heartseason of the throb, albeit a bad boy heart-**Secret Life of the** throb. American Teenager

"It's the hair," premieres toniaht he says, gesturon MuchMusic. ing to his high-flying 'do.
As for the new sea-

son, there will be a marriage ceremony, the inevitable birth, and plenty of surprises.



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#### **Box office**



Blind Side was the No. 1 film at the weekend hox office

Ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to studio estimates:

The Blind Side: \$20.4 million US

The Twilight Saga: New Moon: \$15.7 million

Brothers: \$9.7 million

A Christmas Carol: \$7.5 million

Old Dog: \$6.9 million

Armored: \$6.6 million

\$6.6 million

Ninia Assassin: \$5 million

Planet 51: \$4.3 million

Everybody's Fine:

THE ASSOCIATED PRESS



### critics'corner-

The Santa Clause
Toy company executive Scott
Calvin makes a drastic career
change in this 1994 comedy.
After killing the real Kriss Kringle by mistake, Scott tries on
the red suit and is transformed
into Santa, complete with white
beard and round belly. In addition to the traditional duties, this
Santa must convince his skeptition to the traditional duties, this Santa must convince his skepti-cal son that he's the real thing. 8 PM on CBRT



#### Carrie Underwood: An All-Star

Carrie Underwood: An All-Star Holiday Special
The Grammy-winning and multiplatinum country singer performs holiday songs in addition to selections from her albums. Among the performers joining Underwood onstage during the two-hour special are Dolly Parton, Brad Paisley, Tony and Emmy winner Kristin Chenoweth, and David Cook. 9 PM on KAYU

Alice Lewis Carroll's "Alice's Adventures in Wonderland" and "Through the Looking Glass" get a futuristic makeover as get a tuturistic makeover as martial arts instructor Alice Hamilton finds herself thrust into a grim parallel universe, where she searches for her lost love while trying to evade the fiendish Queen of Hearts. 9 PM on SHOW **18** entertainment



Crawford blasts cosmetic surgery

Cindy Crawford says cosmetic surgery is unsexy. The 43-year-old supermodel says her husband, Rande Gerber, and close friend George Clooney can't understand why anyone would go under the knife to alter their appearance. FEMALEFIRST.CO.UK

Hollyscoop.

#### **Celebrity Buzz**

# Winehouse to re-marry?

SECOND TIME'S A CHARM Despite rushing through divorce proceedings five months ago, Amy Winehouse and Blake Fielder-Civil are set to re-marry, at least according to his mother.

"Their love is so powerful nothing will stop them from being together whatever anyone else thinks. They've battled their demons and are absolutely off drugs," Georgette Fielder-Civil tells the Sunday Mirror. "As soon as Blake finishes his term in rehab

Amy in London. They'll lock the doors and won't the airport and we're flying answer the phones. But off to get married.'" Î know it won't WORLD NEWS long fore I get a call

### **Twilight cast demands**

VAMPIRE POWER TRIO With just one book left in the Twilight series to adapt into a film (the third book, Eclipse, has already been shot) Robert Pattinson, Kristen Stewart and Taylor Lautner are reportedly banding together to negotiate higher salaries for Breaking Dawn, which

could be split into

two films, ac-

cording

The power trio is said to be demanding eight-figure salaries for the conclusion to the blockbuster franchise, though the schedule for Breaking Dawn hasn't been set. "I have committed to the fourth one."

ted to the fourth one,"
Pattinson says. "But I don't know quite when Summit (the studio) is going to shoot it."

METRO WORLD NEWS

#### **Celebrity tweets**

Today, Kirstie Alley has fun with foreign weight measurements, Eddie Izzard is offering weather and shopping updates for Londoners and rapper The Game watches Oprah and isn't ashamed

• @KirstieAlley So I need to loose..OH MY GOD..I could build a WALL with all these STONES!!!

 @eddieizzard Walking through Hyde Park at the moment. Sun is shining but wrap up as it's a little windy. There's an Xmas fun fair in the Park as well.

• @ihategame this ain't Gangsta AT ALL but I was watchin Oprah last night & came to the conclusion that



#### **Brinkley daughter overdose**

**OVERDOSE** WITH UNDERTONES The daughter of Billy Joel and Christie Brinkley has been hospitalized after overdosing on sleeping pills, according to the New York Post.

Police sources believe Alexa Ray Joel's overdose was a suicide attempt, the newspaper reports. The 23year-old had reportedly



# **Beckham reeling after theft**

BEST-LAID PLANS? Victoria Beckham is said to be reeling after the theft of more than \$500,000 worth of clothing from her new collection was stolen off a delivery truck at knifepoint in London, according to the Daily Mail.

The driver was left shaken and bruised after being

knocked down by two men who struck during a delivery stop. "This operation was meticulously planned. The thieves must feel they can

make a fortune selling the collection on the black market," a source says.

"Victoria was informed straight away about the incident and was shocked and deeply saddened, although her first priority was the well-being of the driver"

METRO WORLD NEWS

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**Take Five** 









1	2	13			4	5	6		7	8	Ιο	10
1	2	3			4	٥	Р		′	8	9	10
11			12		13				14			
15					16				17			П
18				19		20		21				
			22		23		24			25	26	27
28	29	30				31		32				
33					34		35		36			
37				38		39		40				
41					42		43					
			44			45		46		47	48	49
50	51	52			53		54		55			
56					57				58			
59					60					61		

#### Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

1			5					
8		2		1	4			7
	9	4	6					
						6	2	
3		9				4		8
	6	1						
					5	2	8	
5			3	9		1		6
					7			4

# 1 Airborne Dracu-

la 4 Group of scenes 7 Antitoxins 11 Styptic agent 13 Comment from Bossy 14 Eastern bigwig 15 Actress Spelling 16 Pea holder 17 Rubik's puzzle 18 Carrot-top's secret? 20 Unaccompanied 22 Work with 24 Addled by age 28 Black leopard 32 Calculating snake? 33 Reed

instrument 34 Japanese pond carp 36 Family 37 Richly luxurious 39 Annoys 41Guard 43 Gun lobby grp.

44 Jacob's twin

On the web

I KNEW THERE WAS A

PEA UNDER THERE

46 Spouse's relative 50 Old Italian money 53 Bookkeeper (Abbr.) 55Mrs. Dithers, in the comics 56 Out of control 57 Leap 58 Badder than bad 59 Makes up one's mind

60 Explosive stick

61 Antlered ani-

# mal

1Shower alternative 2 Lotion additive 3 Veer 4 Rock band's need 5 Talks like a dove 6 Commotions 7Opportunity to make amends,

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

10 Exist 12 Quick-fry beef products 19 Blond shade 21 Meadow

23 "A mouse!" 25 Not working 26 Mad king of literature 27 Sea eagles 28 Boston orches-

29 Skilled 30 Verb's partner 31 Steal from 35 Charged bit

38 Day fractions (Abbr) 40 Numerical prefix 42 America's Cup

vessel 45 "Once — a time"

47 Cupid's field 48 Seed covering 49 Stroll 50 "The 7 Faces of

Dr. —' 51 Devil's disciple

8 5 1 4 6 2 7

7 3 9

6 8

3 5 9

9 2 1

7 6 8 5

AND T KNEW IT WASN'T

3 1

4 8

5 3 2

7 6 3

6 8 2

maybe 52 Deteriorate 8 Ostrich's cousin 54 Suitable 9 Cage part

3

7

4 9

6 7 8 5 3 2

9 3

5

8 4

5

6 4 9

**Metro Recipe of the Day** 



#### **Cowboy** Casserole

#### INGREDIENTS:

1 1/3 lb (600 g) unpeeled baking potatoes, scrubbed and thinly sliced

1 1/2 tbsp (20 mL) olive oil 1 tsp (5 mL) tomato paste 14 oz (398 mL) can baked beans

1/4 lb (125 g) frozen peas 1/4 lb (125 g) frozen green beans

7 oz (200 g) can corn, drained 2 tbsp (25 mL) barbecue

sauce 3 1/2 oz (100 g) smoked cheese, roughly chopped

1. Preheat oven to 400°F (200°C). Put potatoes into pot of boiling water. Bring back to boil; half-cover and simmer until just tender, but not breaking up. Drain thoroughly, reserving 4 tbsp (60 mL) cooking water. Tip potatoes into bowl, add oil and toss to coat. Set aside.

2. Blend tomato paste with reserved hot water in pot.

Tip in baked beans, peas, green beans, corn and bar-becue sauce. Heat gently, stirring, until mixture is barely warm and peas and green beans have thawed. Tip into shallow casserole dish, spreading into even layer. Scatter over cubes of smoked cheese.

3. Arrange potato slices over top, overlapping slightly to completely cover bean and cheese mixture. Bake 30 minutes or until potatoes are tender and top is golden brown.

#### SERVES 4

Per Serving: 404 calories, 13 g total fat, 7 g saturated fat, 58 g carbohydrate, 17 g protein

#### rd.ca

For nutritional infor mation on this and other great recipes, go to **rd.ca** or check out Key Ingredients



#### Horoscopes by Sally Brompton sallybrompton.com

#### For Sally's expanded daily and weekend horoscopes, visit metronews.ca

#### ARIES MARCH 21-APRIL 20

Mercury aspects power planet Pluto in the career area of your chart today, so there is a real chance you will lose your temper.

#### LIBRA SEPT 23-OCT 23

You may have made up your mind about something but can you be sure you are right? Todav's cosmic influences urge you to think carefully.

#### **TAURUS**

APRIL 21-MAY 21
You will either be a hero or a villain today – there is no in between. Being the blunt spoken sort you are sure to say something that causes a fuss.

#### **SCORPIO** OCT 24-NOV 22

Someone whose personality is almost as strong as your own will refuse to do what you ask of them today.

#### **GEMINI**

MAY 22-JUNE 21 You may believe that all things are possible but others will need some convincing. Usually you would not care in the slightest.

#### **SAGITTARIUS**

NOV 23-DEC 21
Why waste time on people who, to be blunt about it, are not worth the effort? Forget them and move on.

#### CANCER JUNE 22-JULY 22

Don't react badly if someone questions or makes fun of your convictions today. Everyone is entitled to their own point of view

#### CAPRICORN DEC 22-IAN 20

You are the boss and what you say goes, and anyone foolish enough to disagree with you will learn very quickly what a painful mistake that can be.

#### LEO JULY 23-AUG 23

Resist the urge to give up on something that, no matter how hard you try, refuses to work the way you want it to work.

#### **AQUARIUS**

JAN 21-FEB 18
If a petty argument is getting you down just make your ex-cuses and leave. Why get involved in disputes that mean nothing to you?

#### **VIRGO** AUG 24-SEPT 22

Someone you work with, maybe someone important, is intimidated by your overly aggressive manner, and that could cause problems.

#### **PISCES**

FEB 19-MARCH 20
What you have to deal with today may be the kind of thing you would prefer to avoid but you have no choice in the mat-







### 16 new ways to make life a little easier.

#### **ESPN Score Center**

Free • Get instant scores and updates on the fly from one of the most reliable names in sports news. ESPN's personalized scoreboards let you organize by sport and team so you get the updates you want, fast.

#### **Twittelator Pro**

\$4.99 • Do you tweet? Use Twittelator Pro to send updates on the go, and bring them to life with photos and videos captured right on your iPhone.

#### The Sims 3

\$6.99 • The ever-popular computer game arrives on the iPhone. Customize your Sims, explore stunning 3-D worlds and experience everything "real" life has to offer.

#### Tom Tom U.S. & Canada

\$99.99 • Turn your iPhone into a fully featured Sat Nav with Tom Tom's expert voice-guided turn-by-turn directions, automatic re-routing, and more. It even links with your contacts list to give you directions to any address.

#### **CBC Radio**

Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favorites list for quick access to the programs you love.

#### Cooliris

Free • Bring the web's most interesting photos, videos and news right to your iPhone on an endlessly streaming wall. Browse content with the flick of a finger, then share via email or Twitter.

#### Wine Ph.D.

\$4.99 • Go from wine novice to enthusiast in seconds. Just use your iPhone to search the Wine Ph.D. database by name, producer, varietal, region, food pairings or published ratings.

#### **Local Concerts**

Free • Want to know who's playing tonight?
Local Concerts taps your music library and
a large global database to notify you
of upcoming shows. Browse events by
date or venue, then buy tickets right
from your iPhone.

#### TuneWiki

Free • Listening to music on your iPhone and want to know the lyrics? TuneWiki serves up lyrics to songs from your iTunes library so you can follow along as the song is playing.

#### **Epicurious**

Free • Can't decide on dinner? Get Epicurious recipes right on your iPhone. Search by type, what's in your fridge or what's in season. Then make a shopping list with the touch of a button.



#### Barista

\$2.99 • Let your iPhone teach you how to make coffee-shop quality espresso, even when you're at home with step-by-step directions on everything from pulling the perfect shot to pouring latte art.

#### GoodGuide

Free • Shop green with your iPhone. Now you can easily check the health, environmental and social impact of over 70,000 products, from food to toys, on the go and before you buy.

#### Mover

Free • Now it's easier than ever for two iPhones to share stuff. With just the swipe of a finger, you can transfer photos, contacts and more to another iPhone over the same WiFi network.

#### **Rocket Taxi**

\$1.99 • Ever notice cabs are scarce when you need one? Using your iPhone's built-in GPS feature, Rocket Taxi will find a taxi closest to you. Then all you have to do is tap to call for your ride.

#### **AroundMe**

Free • When travel takes you to a new place, AroundMe can quickly find nearby businesses from the nearest bank to the closest gas station then route them for you using your iPhone's GPS.

#### Convertbot

\$0.99 • Convert currency, length, mass, time and more. Convertbot's simple, intuitive interface makes conversion easy, even handling mixed units, like feet and inches.

It's amazing how much stuff you can do with an iPhone. With all kinds of apps to help with everything from shopping to gaming to cooking to tweeting. In fact, there are over 90,000 apps for just about anything, only on the iPhone.



